



# DROP-IN FITNESS SCHEDULE - WINTER 2024

January 2 - May 5, 2024



## DROP-IN FITNESS CLASSES\*\* (Pre-registration is available. Please pay drop-in fee or scan your pass at reception before using facility.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Indoor Cycling</b> 6:15-7:05AM Melissa		<b>Indoor Cycling</b> 6:15-7:05AM Jeannette		<b>Indoor Cycling</b> 6:15-7:05AM Jeannette		<b>Cycle 60</b> 8:30-9:30AM Jenna & Graham
<b>On the Ball</b> 9:00-10:00AM Glenda	<b>Indoor Cycling</b> 9:00-9:50AM Jeannette	<b>Total Body</b> 9:15-10:15AM Jeannette	<b>Indoor Cycling</b> 9:00-9:50AM Julianne	<b>Total Body</b> 9:00-10:00AM Rosalie	<b>Indoor Cycling</b> 9:00-9:50AM Melissa	
			<b>Power Core</b> 12:30-1:15PM Charlotte		<b>Total Body</b> 10:00-11:00AM Rosalie	<b>Bootcamp</b> 9:45-10:45AM Eugene
<b>Power Circuit</b> 5:00-6:00PM Eugene	<b>Cycle Core</b> 5:00-6:00PM Emma & Krista	<b>Power Circuit</b> 5:00-6:00PM Eugene	<b>Cycle Core</b> 5:00-6:00PM Emma & Krista			
<b>Functional Fitness</b> 6:15-7:15PM Lynda				<b>On the Ball</b> 6:15-7:15PM Glenda		

## AQUAFIT\*\* (Please pay drop-in fee or scan your pass at reception before using facility.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Deep Fit</b> 9:00 - 10:00AM Jackie	<b>Deep Fit</b> 9:00 - 10:00AM Glenda	<b>Deep Fit</b> 9:00 - 10:00AM Glenda		<b>Deep Fit</b> 9:00 - 10:00AM Jackie		
<b>Shallow Fit</b> 10:15 - 11:15AM Glenda	<b>Shallow Fit</b> 10:15 - 11:15AM Glenda	<b>Shallow Fit</b> 10:15 - 11:15AM Glenda		<b>Shallow Fit</b> 10:15 - 11:15AM Jackie		
	<b>Low Impact</b> 11:30AM-12:15PM Glenda					
<b>° Aqua Therapy</b> 2:00-3:00PM Kaitlyn	<b>° Aqua Yoga</b> 12:30-1:15PM Glenda	<b>° Aqua Therapy</b> 2:00-3:00PM Kaitlyn				
<b>° Aqua Zumba</b> 7:15-8:15PM Sam						

° Registered program - registration for the program set is required.

\*\* Schedule & instructors are subject to change without notice and vary on long weekends and for special events.

Please scan the code below or visit [wspr.ca](https://wspr.ca) >> drop-in schedules & hours for up-to-date schedules.



Scan for **drop-in** fitness schedule & registration.

Drop-in use of the fitness studio is available when the space is not used for programs. Inquire at the fitness desk for access!

We also offer personal training and rehabilitation sessions with certified trainers to give you extra support in your fitness program. Contact Kaitlyn Waring for more information & to get started: [kwaring@wspr.ca](mailto:kwaring@wspr.ca) or 250-474-8617.

### EXCEPTIONS:

February 19	No classes	Family Day
March 29	No classes	Good Friday
April 1	No classes	Easter Monday



# WEST SHORE PARKS & RECREATION MEMBERSHIPS

## Pass holders have access to

- Public swimming sessions
- Sauna, steamroom, Aquafit classes
- Access to the weightroom
- Drop-in fitness classes
- Drop-in basketball & pickleball
- Public skating sessions
- Duffer hockey

**FOR AS  
LOW AS  
\$2.40  
PER VISIT**

# SWIM SKATE MOVE

## Become a regular

### Annual Membership

An annual pass is the most cost effective option. This pass is valid for one year from the date of purchase to drop in as much as you want.

Annual Membership*			\$499
See the variety of activities above.			<b>\$41.58 a month</b>
<b>2 Visits a Week</b>	<b>3 Visits a Week</b>	<b>4 Visits a Week</b>	
\$4.80 per visit	\$3.20 per visit	\$2.40 per visit	
Family Annual Membership*			\$998
A family is 2 adults & 3 children or 1 adult & 4 children			<b>\$83.17 a month</b>
<b>2 Visits a Week</b>	<b>3 Visits a Week</b>	<b>4 Visits a Week</b>	
\$9.60 per visit	\$6.40 per visit	\$4.80 per visit	

## The best of both worlds

### Monthly Passes

Do you work out regularly but simply can't commit to a year-long pass? Well then a monthly pass is the best of both worlds. All Ages.

One Month Pass			\$72.50
Valid for one month from purchase date.			
<b>2 Visits a Week</b>	<b>3 Visits a Week</b>	<b>4 Visits a Week</b>	
\$9.06 per visit	\$6.04 per visit	\$4.53 per visit	
3 Month Pass			\$181.25
Valid for 3 months from purchase date.			
<b>2 Visits a Week</b>	<b>3 Visits a Week</b>	<b>4 Visits a Week</b>	
\$7.55 per visit	\$5.03 per visit	\$3.78 per visit	

*Calculations are approximate based on 30 day month/4 weeks in a month*

### \*Payment Plan Available

**Pre-Authorized Debit (PAD) plan available for equal monthly payments on select WSPR passes, requiring a non-refundable \$25 administration fee at time of registration. Payments made by automatic debit to chequing account or credit card. Please inquire at Reception for further information.**

## All the flexibility you need

### Visit Passes

10x or 25x visit passes have the most flexibility. Use this pass as you go with no expiry date.

Adult		
<b>10x Pass</b>	\$65.30	Cost per visit \$6.53
<b>25x Pass</b>	\$145.00	Cost per visit \$5.80
Youth		
<b>10x Pass</b>	\$45.70	Cost per visit \$4.57
<b>25x Pass</b>	\$101.50	Cost per visit \$4.06
Senior		
<b>10x Pass</b>	\$49.00	Cost per visit \$4.90
<b>25x Pass</b>	\$108.75	Cost per visit \$4.35
Child		
<b>10x Pass</b>	\$35.90	Cost per visit \$3.59
<b>25x Pass</b>	\$79.75	Cost per visit \$3.19
Family		
<b>10x Pass</b>	\$130.50	Cost per visit \$13.05

## Drop-in once in a while

### Single Admissions

Admission purchased at the time of entry includes a single visit to skating, swimming, the weight room, or drop-in to a fitness, Aquafit or sports program.

<b>Adult</b>	18+ Years	<b>\$7.25</b>
<b>Child</b>	6-12 Years (5 years & under are FREE)	<b>\$4.00</b>
<b>Student</b>	13-18 Years (19+ with valid student card)	<b>\$5.10</b>
<b>Senior</b>	60+ Years	<b>\$5.45</b>
<b>Family</b>	2 adults & 3 children or 1 adult & 4 children	<b>\$14.50</b>

*Single admission prices include all applicable taxes.*

**Annual, Monthly, and Visit Passes include tax. Cost per visit price is calculated after tax.**